CITIZEN'S CROSS-COUNTRY SKI RACE



Waukesha County's Nashotah Park Saturday, January 6, 2007



TIME: 10:30 a.m. - START for Children's 10 & Under 1-mile race

11:30 a.m. - START for the Youth and Adult 5K & 12.5K races

(wave starts if neccessary)

LOCATION: Nashotah Park is located between Hartland and Oconomowoc on

County Trunk Highway 'C', 1/2 mile north of Highway '16'.

W330 N5113 Hwy C, Nashotah

REGISTRATION: Registration at Nashotah Park on race day.

Registration will begin at 9:00 a.m.

Registration will **close at 10:15** a.m. for the Children's 10 & Under race Registration will **close at 11:15** a.m. for the Youth & Adult 5K & 12.5K

ENTRY FEE: \$8.00 per person and \$15.00 per family

(The daily Park Entrance Fee DOES apply, \$5.00 per car or \$25.00 for a Resident Annual Sticker)

AWARDS: Awards to the top three finishers in each age category (see back side).

Children's race awards will be presented immediately following the race. Adult race results will be available shortly after race is completed and

awards will be distributed on site.

RACE RESULTS: A copy of the race results will be e-mailed to each participant the week following

the race.

PLEASE NOTE: There are minimum indoor facilities at Nashotah Park, and no space for waxing

skis - PLANAHEAD.

In case of extreme weather on race day, please call Nashotah Park at

(262) 367-1022.

CO-SPONSORS: The Waukesha County Park System

Bicycle Doctor Nordic Ski Shop

RACE INFORMATION Contact Waukesha County Park System

BEFORE THE RACE: Holly Glainyk (262) 896-8074

email: <u>hglainyk@waukeshacounty.gov</u> website: <u>www.waukeshacountyparks.com</u>





AGE DIVISIONS FOR RACE AWARDS



1-MILE CHILDREN'S RACE (Ages 10 & Under)

Awards will be presented to the top 3 in both Male & Female divisions.

TECHNIQUE IS OPEN

Tracks will be set to accommodate diagonal stride if snow conditions permit.

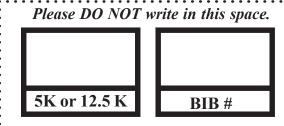
5K YOUTH (Ages 11 to 18)*

Awards will be presented to the top 3 Male & Female in each of the following age divisions: 11-12, 13-14, 15-16, 17-18

| 5KAD | <u>ULT</u> | | <u>12.5K ADULT</u> | | | | | |
|---|------------|-------|---|-------|-------|--|--|--|
| Awards will be presented to the top 3 Male & Female in each of the following age divisions: | | | Awards will be presented to the top 3 Male & Female in each of the following age divisions: | | | | | |
| 19-24 | 25-29 | 30-34 | 19-24 | 25-29 | 30-34 | | | |
| 35-39 | 40-44 | 45-49 | 35-39 | 40-44 | 45-49 | | | |
| 50-54 | 55-59 | 60-64 | 50-54 | 55-59 | 60-64 | | | |
| 65-69 | 70+ | | 65-69 | 70+ | | | | |
| * Participants who are 18 or under who wish to compete in the 12.5KM race may enter the 19-24 age division of the | | | | | | | | |

^{*} Participants who are 18 or under who wish to compete in the 12.5KM race may enter the 19-24 age division of the 12.5K as an alternate.





| tion • Education • Preservation | | | | |
|---------------------------------|---------------|----------------|---------------------|--------------------------------------|
| LAST NAME: | | FII | RST NAME: | |
| PHONE #: | | | _ AGE: | SEX: |
| ADDRESS: | | | | |
| CITY: | | | _ STATE: | ZIP: |
| E-Mail:(if you would like t | he race resul | | | |
| | | , | PRINT) | |
| Circle One: Kids 1-mi | le 5K | 12.5K | ENTRY FEE | PAID:\$ |
| | | | to Waukesha Cour | |
| I hereby release Waukesha (| County and th | eir agents and | any person connecte | ed with the Waukesha County Citizen? |

Cross Country Ski Race from all liability whatsoever whether the liability arises from bodily injury or damage to property owned by myself or others, arising from my participation in or presence at this competition.

SIGNATURE: